

Values List

Below are some example values which may reflect how you want to behave as a human being. Which values are most meaningful to you? This is by no means an exhaustive list, but can act as a starting point for you to think about your own values.

- **Assertiveness** - to respectfully stand up for my rights and request what I want
- **Balance** - living a balanced life
- **Beauty** - how I look
- **Creativity** - being creative around food, trying new recipes
- **Friendships/family** - to be friendly, companionable, loved
- **Fun** - create and engage in activities that are exciting or thrilling
- **Health** - to be healthy and to maintain or improve my fitness; to look after my physical and mental health and wellbeing
- **Honesty** - to be honest, truthful and sincere with myself and others
- **Influence/being a role model** - influencing others with behaviours and choices
- **Independence** - to be self-supportive, and choose my own way of doing things
- **Kindness** - to be kind and compassionate towards myself, others and food
- **Learning** - learning new things, recipes, food, activities
- **Pleasure** - to create and give pleasure to myself or others
- **Responsibility** - to be responsible and accountable for my actions
- **Self-development** - to keep growing, advancing or improving in knowledge, skills, character or life experience.